



YOUR 2012 GIC WELLMASS
HEALTH & WELLNESS GUIDE

YOU

IMPROVED
ENERGIZED
INFORMED
HEALTHIER
HAPPIER
REFRESHED
STRONGER

welcome

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HOW THIS WORKS



HEALTH AND WELLNESS INCENTIVE



ONLINE HEALTH ASSESSMENT



NEXTSTEPS® HEALTH COACHING



HEALTH AND WELLNESS RESOURCES



Your health matters. It matters not only to you, but also to your family, and to the Commonwealth of Massachusetts. We are committed to offering a comprehensive program that helps encourage good health, contributing to your happiness and quality of life.



That's why the GIC has partnered with StayWell® Health Management, a highly regarded health resource. With more than 30 years of experience, StayWell has broad expertise and a strong track record in designing and delivering comprehensive, effective wellness programs.

Together, the GIC and StayWell offer you free, easy-to-use, completely confidential programs that can make a big difference in your life. We encourage you to make your health a priority with our GIC wellness program. It's time to make YOU a priority.

Dolores L. Mitchell,
GIC Executive Director

For more information, log on to
WellMASS.staywell.com or call 1-800-926-5455.



**Commonwealth of Massachusetts
Group Insurance Commission**



HOW IT WORKS

IT STARTS WITH



OPEN ENROLLMENT

April 9 – May 7, 2012

During the GIC's annual enrollment, come to a GIC health fair for a complimentary health screening, including blood pressure and cholesterol at some locations. See the GIC's website at mass.gov/gic for screening sites. Also, learn more about the new WellMASS program.

ONLINE HEALTH ASSESSMENT

Log on to our website — WellMASS.staywell.com — to take your health assessment. The 15-minute assessment is a completely confidential health and lifestyle questionnaire covering topics such as nutrition, stress, physical activity and health history.

HEALTH COACHING

Based on your health, you may be eligible for free telephonic, online and by-mail health coaching. Your health coach will help you become healthier and give you tips for eating right, quitting smoking, adding exercise to your routine, and relieving stress.

YOUR REWARD

If you are enrolled in a GIC health plan and eligible based on your health assessment results, you can complete activities and be entered into a raffle for prizes.



HEALTH & WELLNESS INCENTIVE

YOUR REWARD. GET IT.

If you are enrolled in a GIC health plan and eligible based on your health assessment (HA) results, complete any of the following activities and you'll be entered into a raffle for prizes.

Take the HA by July 1, 2012, to be eligible for 75 \$100 gift cards. You can also earn 100 points by February 15, 2013, to be eligible for 50 \$250 gift cards. There will be a grand prize chosen from those people who earn 100 points by February 15, 2013. That prize will be announced soon — check WellMASS.staywell.com for updates.

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ONLINE HEALTH ASSESSMENT

YOUR HEALTH ASSESSMENT

How to start? Where to start?

Finding time to improve your health can seem difficult at first. It really isn't. Making excuses to avoid that first step toward change can come easily, but the truth is, the first step is simple.

How do you start? It's easy. The first step is a 15-minute assessment of your current health profile. The assessment is a completely confidential health and lifestyle questionnaire covering topics such as nutrition, stress, physical activity and health history. The assessment will instantly provide personalized results and a plan you can use to take action right away.

Beginning March 1, 2012, go to WellMASS.staywell.com to take your health assessment. The deadline to complete your health assessment to enter into the drawing is July 1, 2012.

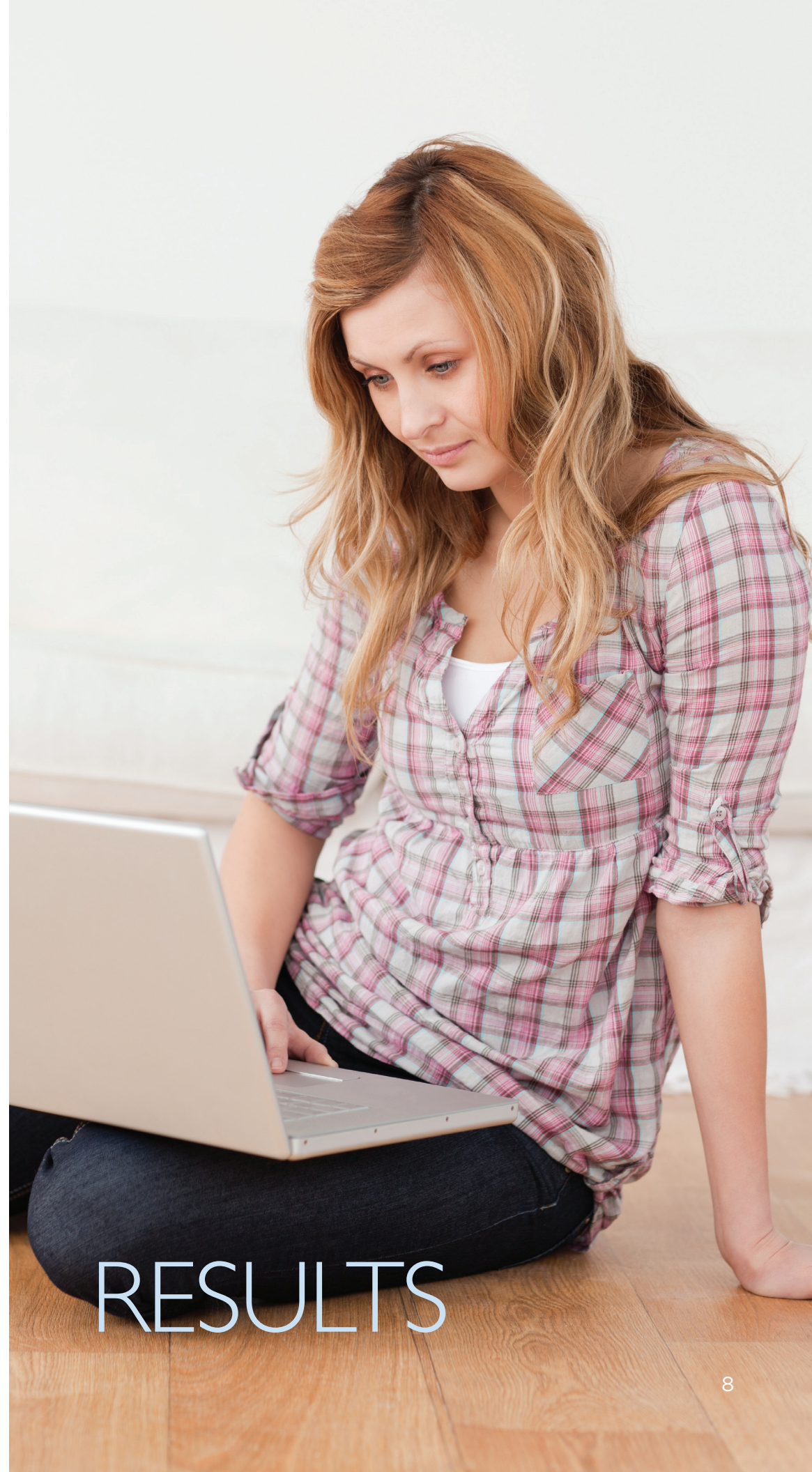
Congratulations on taking the first step!

STAYWELL ONLINE

The latest health information for you and your family, and a wealth of valuable tools and resources are at your fingertips at StayWell Online. Use the tools and information to help set goals, monitor progress, find answers, stay motivated, and be a better YOU.

GET STARTED NOW

WellMASS.staywell.com





NEXTSTEPS® HEALTH COACHING



STRENGTH

YOUR HEALTH COACH YOUR SUCCESS STORY*

Have you thought about your health and wellness goals? Do you see yourself making changes and successfully meeting those goals? Are you uncertain how to get there? Talking with a NextSteps health coach can make all the difference in achieving your success story.

Not sure what kind of changes to make? Or how to set and meet your goals? NextSteps health coaching is designed to create a personalized and tailored plan — just for you. After registering, you tell us when and where to call. A health coach will talk with you about your health challenges. Together, you and your health coach will find a plan that works for you. Encouragement, helpful tips and ideas — you name it, your coach is there for you.

Besides benefitting from your healthy changes, you can also earn points toward raffles or a grand prize if you complete the program by **February 15, 2013**.

**Invitation based on health assessment results.*

Unable to participate with a coach over the phone? Not a problem. You can also participate by receiving material at home in the mail, or by joining a *Healthy Living Program* through StayWell Online. Simply click the link in the left-hand box at WellMASS.staywell.com or call StayWell at 1-800-926-5455.

YOUR REWARD

Receive points toward drawings chosen in
2012 – 2013 or a grand prize.

WellMASS.staywell.com

1-800-926-5455



P.O. Box 21427 ■ St. Paul, MN 55121-0427

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Group Insurance Commission**

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